



Key Stage: 4, Year 9

Subject: Physical Education

Aims of the subject:

To provide pupils with the opportunity to access quality physical activity so they develop a passion for exercise as they progress throughout life.
 To instil lifelong participation in physical activity through participating, officiating or volunteering.
 To teach the importance of physical activity and sport and equip them with the skills and knowledge to take part in physical activity.
 To educate pupils about the importance of a healthy, active and balanced lifestyle.

GCSE Examination Board: OCR

Assessment Overview:

- Component 1 (written paper, 60 marks) Physical Factors Affecting Performance **30%** at the end of Year 11
- Component 2 (written paper, 60 marks) Socio-Cultural Issues and Sports Psychology **30%** at the end of Year 11
- Component 3 (Practical Assessment, 60 marks) **3** sports, individual, team, + a.n.other **40%**
 (Controlled Assessment, 20 marks) Analysing and Evaluating Performance at end of Year 10

Year	What will I learn?	Assessment
Year 9	<p>Term 1: Introduction to GCSE PE</p> <p>Factors Affecting Performance (Bones, Skeleton, Joints, Movement, Muscles, Lever System, Planes of movement)</p> <p>Term 2: Factors Affecting performance (Axes of rotation, Cardiovascular and Respiratory Systems, Effects of Exercise)</p> <p>Term 3: Factors Affecting performance (Physical Training: Components of Fitness , Applying Principles of Training, Injury Prevention)</p>	<p>Half - term tests</p> <p>End of term exam</p>

Year 10	<p>Term 1: Socio Cultural Issues and Sports Psychology Sports Psychology (Classification of skills , Goal Setting)</p> <p>Term 2: Sports Psychology (Mental Preparation, Feedback, Types of Guidance)</p> <p>Term 3: Health, Fitness and Well Being (Sedentary lifestyle, Diet, Nutrition)</p> <p>Ethical and Socio Cultural Issues in Physical Activity and Sport (Ethics, Drugs and Violence)</p>	<p>Half - term tests</p> <p>End of Year exam</p>
Year 11	<p>Term 1: Controlled assessment (Analysing and Evaluating Performance)</p> <p>Engagement in Physical Activity and Sport (Physical activity and Sport in UK, Participation in Physical Activity and Sport)</p> <p>Term 2: Commercialisation of Sport</p> <p>Term 3: Revision</p>	<p>Controlled assessment</p> <p>Practical performance</p>

Extra-curricular opportunities

Term 1: Rugby, Swimming, Water polo, Netball, Hockey, Badminton, Table Tennis

Term 2: Football, Swimming, Water polo, Netball, Hockey, Badminton, Table Tennis

Term 3: Athletics, Cricket, Water polo, Rounders

How you can support your child's progress

Encourage your child to:

- attend extra-curricular activities on a regular basis
- attend physical activities outside of school
- read around the subject including newspapers, online media and library resources
- use social media to access wider reading of the subject (e.g. twitter @PEmattersRST)